

## Possible Risk Factors:

- Age (over 40 years)
- Activity that involves prolonged standing (job, hobby, sport)
  - Runners, or people who perform repeated high impact activities
- Quick increase in activity level, like beginning a new exercise program
- Calf muscle inflexibility
- High body weight (BMI greater than 30)
- Pes Cavus (High Arch) or Pes Planus (Flat Foot)
- Improper Shoe Wear



**Disclaimer:** Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you would like an individual program that involves an appropriate exercise prescription along with manual treatment techniques, please call for a consult at IMG-PT. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.

## Call for a consultation!

IMG- Physical Therapy  
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## IMG- Physical Therapy



## HEEL PAIN? Plantar Fasciitis



# Prevention

## Prevention:

- Shoes with good arch support
- Replacing shoes regularly
- Warming up and gradually increasing intensity and duration of exercises
- For those with severe PF. Stretching before getting out of bed
- Getting screened at Fleet Feet

## Exercises:



Gastroc/Soleus Stretch: Hold for 30 sec. x 3



Towel Curls: 2 sets of 15 repetitions  
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Ice Massage: Roll back/forth for 5 mins

## Heel Pain?

### Plantar Fasciitis

### What you need to know?

Plantar Fasciitis is a very common foot condition, that can cause heel pain. Plantar fascia is a ligament (structure that connects bone to bone) that connects the heel to the toes, that can become inflamed/irritated. The pain occurs usually with the first steps in the morning and when putting weight on the foot.